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THE GOOD LIE TELLS TRUE STORY OF FORMER CHILD SOLDIERS WHO ESCAPED, SETTLED IN THE U.S. PAGE 17

Magnotta murder trial begins

32-year-old has pleaded not guilty; Crown could call up to 60 witnesses PAGE 12

Map your money moves

Financial planning has to start with a destination, says Metro's money maven Gail Vaz-Oxlade PAGE 20

Police taking more drugs off city streets

Users urged to stop.
Deaths elsewhere should serve as warning, say top narcotics cops

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Calgary police are reporting a major upswing in seizures of opiates, ecstasy, cocaine and other drugs so far in 2014, but they believe investigative efforts, not a spike in dealers, is likely behind the increase.

Seizure files involving meth, and heroin, in particular have nearly doubled from 72 cases to 142 and 25 to 47, said Staff Sgt. Tom Hanson.

The data he provided to Metro covered 2014 to the end of July, compared to the same time period in 2013.

Illegal opiate seizures have increased 31 per cent, jumping from 93 to 122, and ecstasy cases have seen similar growth from 29 cases a year ago to 38 this year.

Cocaine seizures, meanwhile, have jumped from 385 to 450, an increase of 18 per cent.

"It doesn't necessarily say that there is that much more on the street — it just says that my guys are looking for the stuff," Hanson said, when asked about the increases.

Hanson said his team is watching for a move to alternate opiate-type drugs to counter a lack of OxyContin after it was pulled from pharmaceutical circulation in 2012. But he added there hasn't been a noticeable spike in fentanyl seizures, as has been reported to the north in Alberta.

Last week, St. Albert RCMP sounded the alarm over a rise of cases involving fentanyl, stating it's 80 times more powerful than morphine and believed connected to two recent deaths in Saskatchewan.

Aden Amanuel owns a convenience store in Forest Lawn and applauded police efforts. She's seen more officers in recent months, likely due to the 16-constable International Avenue Beat Team assigned to patrol the area.

Amanuel said she didn't necessarily see drug deals occur near her shop, but definitely saw after-effects, with stoned and intoxicated people trudging through the area.

SEPTEMBER SURFING

Massimo Hertzer rides a swell in the Bow River near the Louise Bridge on a sunny Sunday afternoon. The site has become particularly popular among river surfers since the flood of June 2013 changed the shape of the riverbed. "It's always been good here but it's never been this good until the flood put the rocks in right place," said fellow surfer Jason McQuade. More information is available at rockymountainriversurfing.com. ROBSON FLETCHER/METRO

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FIVE THINGS YOU NEED TO KNOW TODAY

1
SHOWDOWN SET
Premier Jim Prentice is expected to announce today where he will run in a byelection. Prentice, who took over from Dave Hancock, has not yet been elected to a legislative seat.

2
RECORD SET
More than $8.2 million was donated by a crowd of 800 at the WestJet campus over the weekend, all raised for the David Foster Foundation to help families with children undergoing organ transplants.

3
PAPS VS. BIEBS
Pop star Justin Bieber — or at least his lawyer — is expected in court today on the charge of dangerous driving and assault, relating to an Aug. 29 collision between a minivan and an ATV.

4
ABORIGINAL WOMEN
Alex Neve, head of Amnesty International Canada, is expected to join First Nations groups in Ottawa today to discuss violence against aboriginal women and girls.

5
BACK TO TARA
Rhett Butler may not give a damn, but fans of Gone With the Wind were more than happy to see the classic return to movie theatres this weekend for its 75th anniversary.

New 'no-passing' lines being painted on Calgary pathways

Clear rules? Some pedestrians say paths should also have dashed lines, like those found on highways

ROBSON FLETCHER
robson.fletcher@metronews.ca

New centre lines have been painted on popular stretches of Calgary's pathway network to indicate where passing is safe — or not — but the meaning of the markings wasn't immediately clear to pedestrians out for a Sunday stroll.

Double yellow lines, indicating no-passing zones, now bisect some sections of paved pathway in the vicinity of blind corners, steep hills, sharp curves or intersections with other pathways.

Dale Calkins of Bike Calgary, which advised city staff on the markings, said the goal is to foster more predictable behaviour from path users and reduce the chance of collisions in higher-risk areas.

"There are many places where it gets tight," Calkins said of the pathway network. He said double yellow lines have so far been painted on parts of the north Bow River pathway and on paths near the Glenmore Reservoir.

Calgary's parks department began a "more aggressive regimen" of double-line painting in areas of concern in Confederation Park in 2012 as a pilot project, according to pathway and trails lead Duane Sutherland, and then extended the concept to other areas.

"In 2014 we decided to expand this on the river run pathways and hope to get this style of line painting included in the 2015 Development Guidelines and Standard Specifications," Sutherland said in an email quoted on Bike Calgary's blog.

But some people out walking Sunday thought the new markings weren't 100 per cent clear and should include dashed lines in addition to the double yellow lines.

"To me, this would mean no passing at all," Mary Van Fraassen said as she walked along a section of the Bow River pathway with a single yellow line. "On the highway they have a solid yellow line and then when you can pass on one side, it's broken yellow."

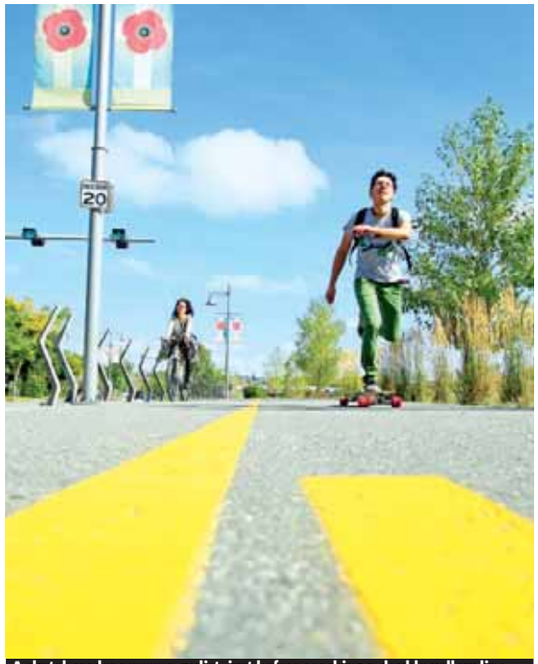
Al Anderson agreed with that suggestion, but said on the whole he sees few conflicts between pathway users, even when passing one another.

"Most people are pretty good," he said.

Line by line

The line painting stems from recommendations in the city's 2011 Pathway Safety Review Report.

- At that time, there were 28,418 metres of regional pathway where centre lines were "present but need replacing" and 143,510 metres where the pathway was "missing" a centre line.
- The estimated cost of painting centre lines was $2 per metre, according to the report.



A skateboarder passes a cyclist, just before reaching a double yellow line indicating a no-passing zone on the Bow River Pathway on Sunday afternoon. ROBSON FLETCHER/METRO

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Painted curbs keeping negligent able-bodied car parkers at bay

Curb the tickets.
Authority had raised concerns about increased infractions

JEREMY NOLAIS
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As it turns out, a touch of blue paint is all it takes to curb cases of able-bodied motorists parking in handicap zones.

The Calgary Parking Authority says tickets for such infractions have plummeted 75 per cent in nine downtown zones where blue paint was applied to the curb of the restricted zone.

"What we've observed is that motorists pull into these zones and maybe they do miss the (handicap) sign to begin with, but they're looking down to watch their step and they observe that blue paint on the curb," said Myles Dyck, the authority's manager of parking enforcement. "It just triggers that thought that 'Maybe I should look around at the signage.' They're actually getting back in their cars and leaving that zone, which is fantastic."

Dyck said the handicap zones involved in the blue-paint pilot project had seen a "relatively high" number of infractions — sometimes up to 100 tickets per month would be issued in each area. Now that count has dropped to just a couple dozen.

Authority officials first went public with concerns about a spike in handicap-zone violations in late 2012 and, since then, have launched a series of awareness and enforcement campaigns to improve compliance.

Violators

The fine for illegally parking in a handicap stall is $200 if paid within 10 days, $250 if paid within 30 days and $300 after that. Violators can be reported by calling 403-537-7100.

This curb along 9th Avenue SW is among those where a touch of blue paint has been added in a bid to raise awareness about designated handicap-parking zones. CANDICE WARD/FOR METRO

Troy McLeod, the city's director of roads and former head of the parking authority, said the joint effort involving his current and former organizations is likely to expand to other high-infraction zones in the city core and beyond.

"It's had a significant impact … those locations are critical in providing accessibility," McLeod said.

Fire department wants fee hike for repeat false alarms

Calgary fire crews respond to false alarms far more often than actual fires. METRO FILE

Calgary firefighters typically respond to far more false alarms than actual fires each year — and this week, city councillors will consider boosting the fees charged to repeat offenders whose alarm systems keep going off half-cocked.

"Given the volume of calls that fire department crews attend annually, it was deemed important that a deterrent approach be adopted with respect to fire calls that result in a false alarm," Steve Dongworth, who oversees the inspections and investigations for the fire department, wrote in a report to councillors.

Currently, the first false-alarm response is free, but the fire department charges escalating fees for second, third and fourth instances from the same site in a given calendar year.

Proposed bylaw changes would boost all the fees and nearly double the maximum penalty (for a fourth false alarm) from its current rate of $530 to $1,000 plus a mandatory fire inspection, which comes at an additional cost of its own, currently set at $86 per hour.

Responses

8,630

The number of false-alarm calls the Calgary Fire Department responded to in 2013. That same year it responded to 1,902 actual fires.

Coun. Shane Keating, who sits on the city's community and protective services committee, supported the change.

"I've got no problem with that, especially when you're getting into three or four times from the same address," he said Sunday.

ROBSON FLETCHER/METRO

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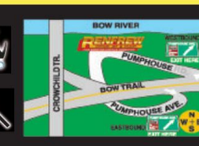

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AMVIC Alberta Motor Vehicle Industry Council

A half-dozen signs like this have been erected around the former King Edward School in Calgary.
ROBSON FLETCHER/METRO

Neighbours refuse to chill out

Some southwest Calgary residents are losing their cool over plans that would see a chiller built across the street from their homes to keep a school-turned-art-space cool in the summer.

"It's really loud and it decreases property value," said Ari McCurdy, an area resident and spokeswoman for the group of concerned neighbours.

She said they expect a "very high level of decibels" from the large-scale air cooler set to be installed along 29th Avenue S.W. for cSpace, a $31-million "arts incubator" under construction in the former King Edward School.

A half-dozen homes adjacent to the site have erected signs saying, "No cSpace Chiller On Our Streets."

But Reid Henry, CEO of cSpace, said the concerns are based on "misinformation" circulated by one resident whose "interpretation" of the machine's specifications is inaccurate.

Henry added that the building design has been "wrung through the wringer" by city development officials since Calgary Arts Development bought the school in February 2012 and cSpace has all the proper permits to proceed.

ROBSON FLETCHER/METRO

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Schulich Racing's 1/6th-scale racer goes out for a spin earlier this year. The group is

'Underdog' team seeks to drive on

U of C Schulich Racing. Team spokesman says funding through school was cut back recently

CANDICE WARD
calgary@metronews.ca

The University of Calgary Schulich Racing team is hoping to get more sponsors on board this year so it can keep its project on the right track.

Each year, the Schulich Racing team — made up of about 15 to 20 engineering students — builds a smaller-scale, open-wheeled formula-style race car, but a lack of funds this year is hindering the project.

"Compared to other schools, we're actually the underdogs," said Derek Chen, media team lead for the Schulich racers.

"We only have a handful of sponsors, so we operate on a very tight budget."

Chen said that, although the university does help with funding, the cash has been cut back recently due to new allocation within the department.

He said he has been trying to raise awareness about their work by entering in car shows and knocking on doors.

"Not a lot of people know we exist, sadly. Everyone has heard of the solar car, but not us."

During the Formula SAE

Justin McKinnon-Blomme

Police appeal for help in finding missing Calgarian

Calgary police are asking the public for clues that might lead to the whereabouts of a Calgary man.

Justin McKinnon-Blomme, 21, was last seen Sept. 24 near the Mac's convenience store at Southland Drive and Fairmount Drive S.E. His family says he hasn't been seen or heard from since. They say it's out of character for McKinnon-Blomme and are concerned for his safety.

He is white, approximately five-foot-10 and 140 pounds, with a slim build. He was wearing a black leather jacket and dark jeans when he was last seen.

Anyone with information on his disappearance is asked to call Calgary police at 403-266-1234. METRO

1912 killing

Police add name of slain officer to Pillar of Strength

Hundreds of Alberta police officers gathered at the legislature Sunday to pay respect to their fallen comrades.

Alongside the public and family members, police from several services gathered to add one more name to the Pillar of Strength. The monument currently holds the names of 98 police officers that were killed on the job.

This year's addition was Robert George MacIntosh, a Canadian Pacific Railway constable killed in Calgary in 1912.

Solicitor General Jonathan Denis said his thoughts were with the families in Moncton, where three RCMP officers were killed in June. METRO

looking for a few more sponsors to help keep their wheels turning. CONTRIBUTED

school race sponsors learning

West Event in Lincoln, Neb., earlier this year, the Schulich Racing team placed third in the cost event and 41st overall out of 80 universities.

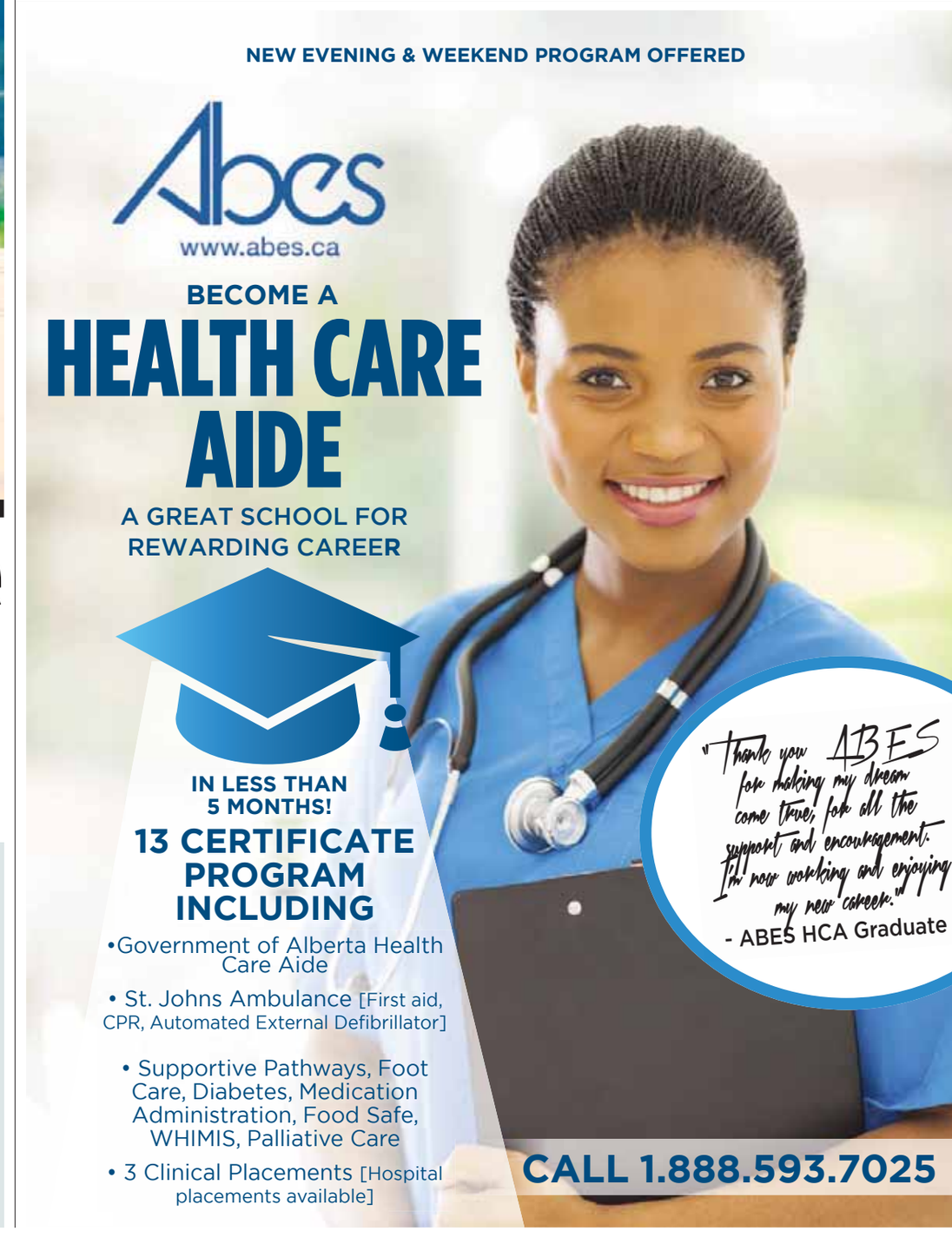
Regardless of the funds received this year, the team will continue to work on the car and compete at Lincoln, but Chen said new sponsors will help improve the learning experience.

"We're committed to furthering the development of our student members and providing them with a competitive advantage through practical learning experiences and the application of their skills in real-life situations," said team captain Santiago De La Rosa, a fourth-year mechanical engineering student.

Schulich Racing

The Schulich team designs, manufactures, tests and races a 1/6th-scale open wheel race car.

- Though composed primarily of U of C engineering students, Schulich Racing is open to any student that attends the school.
- The Formula SAE has 80 member universities, with teams from Canada, the U.S., Japan and Puerto Rico among those competing.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‘No action you can take in the middle’

No-win situation.
Missouri Gov. Nixon’s response to Ferguson shooting has been criticized from all sides

Ferguson criticisms

“There’s literally no action you can take in the middle that’s not going to get you criticized.”

Eric Morris, assistant communications professor at Missouri State University. Morris believes it’s difficult to appease both sides of this particularly tense debate.

As protests mounted following the police shooting of 18-year-old Michael Brown in the St. Louis suburb of Ferguson, so did the public frustration directed at Missouri Gov. Jay Nixon, no matter what action he took.

Records obtained by The Associated Press show Nixon received thousands of phone calls and hundreds of emails, letters and faxes from people throughout Missouri and the world following the Aug. 9 shooting.

The documents show diverse public reactions to the incident, with many critical of Nixon for not intervening quickly enough as police fired tear gas on protesters, and again when he appeared to call for the prosecution of the officer who shot Brown, despite the ongoing investigation.

His apparent call for “vigorous prosecution” came on Aug. 19 when he released a video statement declaring:

“To protect the people of Ferguson ... a vigourous prosecution must be pursued,” Nixon said.

His statement was negatively received by law enforcement officers and their families, who took particular issue with Nixon’s comments.

“They were rude, biased and unwise,” wrote Fresno County, California Sheriff’s Deputy Chris Curtice.

Nixon’s office issued a statement clarifying that his words weren’t intended to prejudge the officer but to refer to the full duties of the prosecutor.

“What I was trying to say ... was let’s get this (legal) process moving,” Nixon said in response to the backlash.

Eric Morris, an assistant communications professor at Missouri State University, said Nixon’s situation is virtually a no-win situation from a public perception standpoint.

“There were substantial numbers of people with strong feelings on both sides of it, which means there’s literally no action you can take in the middle that’s not going to get you criticized,’’ Morris said. THE ASSOCIATED PRESS

Supporters fast, silently protest conviction

A supporter of Indian politician Jayaram Jayalalitha displays a picture of the charismatic politician during a public fast Sunday in Chennai, India. The protesters are demanding the release of Jayalalitha from a Bangalore jail. A top elected official in the southern Indian state of Tamil Nadu, Jayalalitha was sentenced on Saturday to four years in prison after a court found her guilty of corruption in a case filed 18 years ago. ARUN SANKAR K/THE ASSOCIATED PRESS

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Pro-democracy protests in Hong Kong escalate into standoff with local police

26 taken to hospital.
'This is a long fight,' says a student protesting for democratic reforms

Pro-democracy demonstrators defied onslaughts of tear gas late Sunday and appeals from Hong Kong's top leader to go home, as the protests over Beijing's decision to limit political reforms expanded across the city by Monday morning.

Hong Kong's Chief Executive Leung Chun-ying reassured the public that rumours the Chinese army might intervene were untrue. "I hope the public will keep calm. Don't be misled by the rumours. Police will strive to maintain social order, including ensuring smooth traffic and ensuring the public safety," said Leung.

Protesters spent the night on the pavement, some flat on their backs asleep, others milling around as they watched for police. The sit-ins spread from the financial district, near the government headquarters, to other areas of Hong Kong in the strongest challenge yet to Beijing's decision to limit democratic reforms for the semi-autonomous city.

A student protester is overcome by pepper spray from riot police as thousands of protesters surround the government headquarters in Hong Kong on Sunday.
WALLY SANTANA/THE ASSOCIATED PRESS

The scenes of billowing tear gas and riot police outfitted with long-barrelled weapons — rare for this affluent Asian financial hub — are highlighting the authorities' inability to assuage public discontent over Beijing's rejection last month of open nominations for candidates under proposed guidelines for the first-ever elections for Hong Kong's leader, promised for 2017.

Authorities announced some traffic controls and said some schools in areas near the main protest site would be closed, as Leung urged people to go home, obey the law and avoid causing trouble. After spending hours holding protesters at bay, police lobbed canisters of tear gas into the crowd on Sunday evening. The searing fumes sent demonstrators fleeing, though many came right back to continue their protest. The government said 26 people were taken to hospitals.

The protests began with sit-ins more than a week earlier by students urging Beijing to grant genuine democratic reforms.

"This is a long fight. I hope the blockade will continue tomorrow, so the whole thing will be meaningful," said Edward Yau, 19, a business and law student. "The government has to understand that we have the ability to undo it if they continue to treat us like we are terrorists."

University students began their class boycotts over a week ago and say they will continue them until officials meet their demands for reforming the local legislature and withdrawing the proposal to screen election candidates. THE ASSOCIATED PRESS

Pro-democracy protests

When China took control of Hong Kong from the British in 1997, it agreed to a policy that allowed the city a high degree of control over its own affairs and kept in place liberties unseen on the mainland. It also promised the city's leader would eventually be chosen through "universal suffrage."

- Beijing's insistence on using a committee to screen election candidates based on their patriotism to China has stoked fears that Hong Kong will never get genuine democracy.

Yves Fortier

Spy watchdog's oil ties spark concerns

The British Columbia Civil Liberties Association is objecting to Canada's spy watchdog assigning Yves Fortier to investigate alleged spying on environmental activists, citing a conflict due to his former industry ties. The group's lawyer has asked that Fortier "recuse himself" since he once sat on the board of TransCanada. THE CANADIAN PRESS

15 years

T.O. businessman sentenced in Cuba should be sent back, MP says

Toronto-area MP Peter Kent says a local businessman sentenced in Cuba to 15 years in prison should be sent back to Canada. Cy Tokmakjian, 74, was convicted Friday on corruption-related charges. Kent says the sentence is "outrageous," but not entirely unexpected. THE CANADIAN PRESS

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Halifax couple's engagement ring saved by NYC cops

Rescued in a New York minute. NYPD police officers climbed down the Brooklyn Bridge to turn proposal nightmare into dream

Olivia Fader, left and Mal Zee CONTRIBUTED

It was supposed to be one of the most exciting moments of Olivia Fader's life; her girlfriend, Mal Zee, had proposed to her on New York's famous Brooklyn Bridge.

The Halifax couple, together for about three years, had been visiting the Big Apple in August with friends, when what should have been a dream turned into a nightmare when Zee dropped the ring between the bridge's wooden planks, falling to a platform 40 feet below.

Fortunately the couple stopped at a part of the bridge with a platform below it, as opposed to just the East River.

"It was the craziest moment of my life," Fader said. "Mal fell to her hands and knees and was instantly devastated."

A friend who was looking for help for the girls came across New York police officers Matthew Manley and William DeFazio, who sprang into action and climbed down to the platform.

Manley recovered the ring and flashed a thumbs-up to a relieved Zee, who was distraught over her mistake.

"Mal wasn't convinced we were going to get it back," Fader said.

Fortunately, the couple had come across two very helpful police officers.

"They really went out of their way to help us," Fader said. "I'm sure they had other things to do that day."

Fader and Zee plan to marry in August 2016, likely in the Annapolis Valley where Zee hails from. METRO IN HALIFAX

Oktoberfest party flies high

Balloons fly around the Bavaria statue during an orchestra's performance at the famous Oktoberfest beer festival in Munich on Sunday. Known as the world's largest beer festival, Munich's event runs from Sept. 22 until Oct. 5. MATTHIAS SCHRADER/THE ASSOCIATED PRESS

Franklin expedition

Russia plays role in Canadian find

A Russian-flagged vessel was integral in Canada's recent discovery of a sunken ship from the missing Franklin expedition.

The Akademik Sergey Vavilov, crewed by the Russian Academy of Sciences, was chartered and operated by British Columbia-based One Ocean Expeditions. The firm regularly uses Russian-flagged ships to run its tours into the Arctic.

Use of the Russian ship was deemed necessary by Public Safety Minister Stephen Blaney to ensure continued funding for the expedition, given the alternative was a former coast guard icebreaker that couldn't carry financial donors underwriting part of the search.

Meanwhile the passenger-certified Russian ship allowed for the Royal Canadian Geographical Society to offer donors a chance to ride along as a way to pay for a range of educational projects in Canada. THE CANADIAN PRESS

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Netanyahu flies to U.S. vowing to refute 'all of the lies' directed against Israel

War of words.
Palestinian leader Mahmoud Abbas' use of the word 'genocide' appears to have angered Israeli PM

Israeli Prime Minister Benjamin Netanyahu left Israel on Sunday en route to the United Nations in New York, saying he will refute "all of the lies directed at us" with regard to Israel's recent war with Hamas in the Gaza Strip.

Netanyahu's comments come after Palestinian leader Mahmoud Abbas charged that Israel had committed "a series of absolute war crimes carried out before the eyes and ears of the entire world" during an address to the General Assembly on Friday.

"In this year, proclaimed by the United Nations General Assembly as the International Year of Solidarity with the Palestinian People, Israel has chosen to make it a year of a new war of genocide perpetrated against the Palestinian people," he said.

With memories of the Nazi Holocaust still fresh in Israel, use of the word "genocide" is regarded as particularly provocative both to Netanyahu and Israelis in general.

An angry Netanyahu promised an appropriate response when he himself addresses the General Assembly on Monday.

"In my address to the UN General Assembly, I will … tell the truth about our state and about the heroic soldiers of the Israel Defence Forces, the most moral army in the world," Netanyahu said.

During the 50-day Gaza war, which ended Aug. 26, Israel launched thousands of airstrikes against what it said were Hamas-linked targets, while Gaza militants fired several thousand rockets at Israel. More than 2,100 Palestinians were killed, the vast majority civilians, and 18,000 homes were destroyed, according to UN figures. Sixty-six soldiers and six civilians were killed on the Israeli side.

THE ASSOCIATED PRESS

Israeli Prime Minister Benjamin Netanyahu, seen at a cabinet meeting in Jerusalem last week, will address the United Nations General Assembly on Monday. GALI TIBBON-POOL/THE ASSOCIATED PRESS

California port

Israeli ship can't unload cargo

Pro-Palestinian protesters — demonstrating in response to recent Israeli military action in the Gaza Strip — are blocking an Israeli-owned ship from unloading its cargo at the Port of Oakland in California.

An International Longshore and Warehouse Union spokesman says dockworkers did not unload cargo from the ZIM Shanghai on Saturday because of safety concerns raised by the presence of police and protesters. He said the protesters blocked workers from driving into the terminal.

THE ASSOCIATED PRESS

It's Monday Morning!
Most Calgarians wish they were...

A) Still in their safe, warm bed
B) Enjoying a home cooked breakfast
C) Reading Metro in their favourite chair

Magnotta murder trial begins

Notorious. 32-year-old has pleaded not guilty in the gruesome slaying of 33-year-old student Jun Lin in 2012

The trial in one of Canada's most publicized and shocking criminal cases is set to begin Monday with evidence being heard in the proceedings against alleged murderer Luka Rocco Magnotta.

Magnotta, 32, has pleaded not guilty to five charges in connection with the slaying and dismemberment of Chinese engineering student Jun Lin in May 2012.

The charges are: First-degree murder; committing an indignity to a body; publishing obscene material; criminally harassing Prime Minister Stephen Harper and other members of Parliament; and mailing obscene and indecent material.

Trial judge Guy Cournoyer questioned potential jurors earlier this month about whether they could stomach evidence that could be considered gruesome, graphic and possibly upsetting.

Fourteen bilingual jurors will hear the case. They will receive instructions from Cournoyer before prosecutor Louis Bouthillier begins presenting the Crown's arguments.

The investigation was launched after the discovery of a human torso stuffed in trash behind a Montreal apartment building in May 2012. Body parts then began surfacing in different regions of Canada — first at a federal political office in Ottawa and, later, at two British Columbia schools.

Luka Rocco Magnotta is taken by police from a Canadian military plane to a waiting van in 2012 in Mirabel, Que. Magnotta has pleaded not guilty to first-degree murder and other charges in the dismemberment and slaying of Jun Lin in May 2012. Magnotta's trial is set to begin on Monday. THE CANADIAN PRESS

A video that purportedly depicted a slaying was posted online around the same time and was linked by Montreal police to the discovery of the body parts.

Bouthillier has said up to 60 Crown witnesses could be heard at the trial, which is expected to last between six and eight weeks. Some Europeans could be called to testify.

The trial is likely to lure plenty of curious onlookers. During the preliminary hearing, the case attracted criminology students, legal junkies and even a handful of people who appeared to support Magnotta.

Diran Lin has attended several days of proceedings and has said he hopes to see justice for his son.

Jun Lin, 33, had been living in Canada only since 2011, realizing a long-standing dream by coming to Montreal. His family said in April 2013 that Lin had a comfortable life working in IT at Microsoft's Beijing office, but had sought a move to Canada to study and to improve his life. THE CANADIAN PRESS

Ford: 'Bigger and badder' cancer no match for me

Toronto Mayor Rob Ford is embraced by his brother Doug, daughter Stephanie and son Doug at Ford Fest in Toronto on Saturday. CHRIS YOUNG/THE CANADIAN PRESS

A defiant Toronto Mayor Rob Ford returned to the public spotlight Saturday, talking tough about his cancer by saying he'd take it "out the back" and get rid of it like he did his substance abuse problems.

Ford mounted a stage at his family's annual barbecue party and told a crowd of hundreds that he was going to triumph over his latest struggle just as he tackled substance abuse during a stint in rehab that ended three months back.

"I had a guy I was looking in the mirror every morning and saying, 'You know what? I can't beat this guy.' Wherever I went, that guy was there, and he was beating me every time. So you know what? I took that guy out the back, and I took care of him," Ford said, his voice sounding hoarse at times.

"A couple weeks ago, the doctor came up to me … He says, 'We got someone bigger and badder than that,' and I said, 'Who's that guy?' And he said, 'Cancer,'" Ford said.

"I said, 'You know what? Go tell cancer that I'm going to put him where I put that guy in the mirror three months ago.'"

Saturday's party came exactly one month before the election, and though the crowd's spirits were high, the ailing mayor's health loomed large.

Supporter Leo Robinson said that even if Ford was battling cancer, he shouldn't quit politics but rather keep at it and stand up for the little guys.

"He's for the people. And once you're for the people, at the end of the day, whether you're here or not, you're still going to be fighting for the people," Robinson said.

Ford gave heartfelt thanks to his supporters, known in Toronto as "Ford Nation."

"Every single person has had personal problems in life," he said. "You find out who your real friends are and Ford Nation has never wavered one iota." THE CANADIAN PRESS

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Ebola clinics still short of doctors and supplies

Top priority: Gloves, gowns, masks, boots. Under-equipped clinics reportedly washing and reusing protective gear meant to be worn once and burned

Residents of the St. Paul Bridge neighbourhood wearing personal protective equipment take a man suspected of being infected with the Ebola virus to the Island Clinic in Monrovia, Liberia, Sunday. JEROME DELAY/THE ASSOCIATED PRESS

Doctors are in short supply. So are beds for patients. Six months after the Ebola outbreak emerged for the first time in an unprepared West Africa and eventually became the worst-ever outbreak, the gap between what has been sent by other countries and private groups as aid and what is needed is huge.

Beds are filling up as fast as clinics can be built. Often there is nowhere to take the sick except to "holding centres" where they await a bed at an Ebola treatment facility.

The existing bed capacity for Ebola patients in Liberia, Sierra Leone, Guinea and Nigeria is about 820, well short of the 2,900 beds that are currently needed, according to the World Health Organization. Recently 737 beds were pledged by countries. Yet even after the promised treatment facilities are built, they will still be at least 2,100 beds short.

The shortage of health workers is also great. WHO has estimated that 1,000 to 2,000 international health workers are needed in West Africa. More than 200 local health workers have died of Ebola trying to save patients, complicating recruitment efforts. Doctors Without Borders, which has more Ebola clinics than anyone, currently has 248 foreign aid workers in the region.

MSF and other aid workers are distributing home-care kits with gloves and surgical gowns to try and keep those awaiting hospital beds from infecting relatives at home, though only thousands of kits are being distributed in Monrovia, a city of 1.6 million.

THE ASSOCIATED PRESS

Ebola. U.S. hospital to admit doctor exposed to virus in Sierra Leone

The National Institutes of Health in the U.S. is preparing to care for an American doctor who was exposed to the Ebola virus while volunteering in Sierra Leone.

Out of what the agency called "an abundance of caution," the physician is expected to be admitted to the special isolation unit at the NIH's hospital near the nation's capital for observation.

NIH infectious disease chief Dr. Anthony Fauci wouldn't discuss details about the patient but said that in general, an exposure to Ebola doesn't necessarily mean someone will become sick. "When someone is exposed, you want to put them into the best possible situation so if something happens you can take care of them," Fauci said.

Four other American aid workers who were infected with Ebola while volunteering in the West African outbreak have been treated at hospitals in Georgia and Nebraska. One remains hospitalized while the others have recovered.

THE ASSOCIATED PRESS

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Firefighters advance to rescue climbers near the peak of Mount Ontake in central Japan, Sunday. Mount Ontake erupted shortly before noon Saturday, spewing large white plumes of gas and ash high into the sky and blanketing the surrounding area in ash. Rescue workers on Sunday found more than 30 people unconscious and believed to be dead near the peak of the volcano, a Japanese police official said. KYODO NEWS/THE ASSOCIATED PRESS

Volcanic eruption in Japan kills dozens

Mount Ontake. Popular climbing destination about 210 km west of Tokyo

Finally reaching the ash-covered summit of a still-erupting volcano in central Japan, rescue workers made a grim discovery Sunday: 31 apparently dead people, some reportedly buried in knee-deep ash.

Four victims were brought down and confirmed dead, one day after Mount Ontake's big initial eruption, said Takehiko Furukoshi, a Nagano prefecture crisis-management official. The 27 others were listed as having heart and lung failure, the customary way for Japanese authorities to describe a body until police doctors can examine it.

Officials provided no details on how they may have died.

It was the first fatal eruption in modern times at 3,067-meter Mount Ontake, a popular climbing destination about 210 kilometres west of Tokyo on the main Japanese island of Honshu. A similar eruption occurred in 1979, but no one died.

Rescue helicopters hovered over ash-covered mountain lodges and vast landscapes that looked a ghostly grey, like the surface of the moon, devoid of nearly all colour but the bright orange of rescue workers' jumpsuits.

Japanese media reported that some of the bodies were found in a lodge near the summit and that others were buried in ash up to 50 centimetres deep. Police said only two of the four confirmed dead had been identified. Both were men, ages 23 and 45.

Mount Ontake erupted shortly before noon at perhaps the worst possible time, with at least 250 people taking advantage of a beautiful fall Saturday to go for a hike. The blast spewed large white plumes of gas and ash high into the sky, blotted out the midday sun and blanketed the surrounding area in ash.

THE ASSOCIATED PRESS

Apple iPhone 6. China cracks down on smuggling ahead of official release

China in recent days has busted a slew of smugglers bringing Apple iPhone 6 models into the country ahead of their official release here, with officials on Sunday reporting the latest seizure of 453 smartphones in Shanghai.

Hundreds more were seized during three separate busts Thursday through Saturday in Hong Kong, including from men with a speedboat who were loading contraband onto a wooden sampan-style boat in a mangrove, the official Xinhua News Agency said.

The latest seizure was from the luggage of two passengers arriving at the Shanghai airport from Tokyo, one of them Chinese and one of them Japanese, a woman at the Shanghai customs agency said, confirming state media reports. She said hundreds more have been confiscated individually from passengers who did not declare them.

Apple delayed its original plans to introduce the iPhone 6 in China this month, but didn't comment on reports it hadn't received Chinese regulatory approval. The already-thriving black market for the phones in China, where Apple competes with less-expensive alternatives from local powerhouse Xiaomi, plus Lenovo and Samsung, has drawn a rebuke in Chinese state media.

The Global Times said in an editorial Friday that the frenzy over iPhone 6 — including a scuffle among Chinese nationals queuing up at an Apple store in the U.S. — was making China "lose face." It said iPhones apparently were hip, but that buyers shouldn't buy into their marketing hype.

"Please show that you despise those who already have the iPhone 6," the editorial read.

THE ASSOCIATED PRESS

Netherlands

Monster truck crashes into crowd, kills 3

A monster truck outfitted with tractor-sized wheels crashed into a crowd during a show in the Netherlands near the German border on Sunday, reportedly killing three people and injuring at least a dozen. Video footage of the incident shows the truck veering off course after driving over the top of a row of cars, then knocking down a guardrail and driving into a group of onlookers. THE ASSOCIATED PRESS

Halifax

Police search property where deck collapsed

Police say they have searched a Halifax property where a third-storey deck collapsed, leaving five people seriously injured.

Officers say they executed a search warrant at the home on Brussels Street in the city's south end on Saturday.

They say the owner of the home has also been interviewed.

THE CANADIAN PRESS

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Brand trials, triumphs and tribulations

HOW TO ROLL
Alison Griffiths
metronews.ca

September is often the best month for weather but the worst historically on the stock market. Not this year. Still, the thumbs had a lot to choose from in the September business and investing roundup.

Thumbs down:
Tim Hortons married Wendy's in 1995. That alliance was entirely one-sided, with Tim's propping up a failing fast-food business. Now there's a second marriage to Burger King. But wait — the matchmaker behind the union is actually 3G Capital of Brazil, which owns the Home of the Whopper.

The 3G merger machine loves buying winners then getting out the corporate scissors to cut, cut, cut to boost profits. 3G Capital, by the way, was responsible for the closure of the Heinz factory in Leamington, Ont.

The 3G knives have already been slashing at Burger King's operations, axing huge numbers of head-office jobs and dumping company-owned stores. Soon, that bit of fresh lettuce and tomato on your Tim's breakfast sandwich may be history.

Thumbs down:
Could American Apparel make things any worse for its brand image? Oh yes, it could. The hip clothing retailer fired its foot-in-mouth founder, Dov Charney, in June over alleged sexual harassment. Then, just to prove that the company does not condone the objectification of women or girls, it launched a back-to-school campaign with Lolita.

Come again? There's nothing like a photo of a mini-skirted, supposed schoolgirl bending over showing her undies and bottom cheeks to demonstrate that the company is serious about treating us gals in a respectful way.

The ad was promptly banned in British publications.

Thumbs up:
The 40 thieves did not accompany Chinese e-commerce giant Alibaba to the big board when its initial public offering (IPO) debuted on Wall Street 10 days ago. Instead, a good deal of fairy dust was flung about as the IPO hit the record books as the all-time biggest, raising $25 billion.

Tech investors are still smarting over Facebook's sad-sack launch in 2012. In contrast, Alibaba's liftoff has been a breath of fresh IPO air. While there are still worries about how real the company's figures are, there's no question that Alibaba has actual revenues and profits. Whew!

Compare and contrast

Is Canada selling or buying?

- **$428 billion**: The value of Canadian companies sold to foreign interests from 2004 to 2013.
- **$575 billion**: The value of foreign companies purchased by Canadians.

Air France. Pilots' union ends strike

Air France's leading pilots' union on Sunday announced an end to a 14-day strike that grounded roughly half of the airline's flights, stranded passengers worldwide and led to stern shows of frustration by the French prime minister.

After a late-night, 15-hour negotiating session with management, leaders of the SNPL pilot union walked away with no accord, but with the realization that the strike "is not an end in itself," said union spokesman Antoine Amar. The union was "taking up its responsibilities" and ending the walkout so that service can now resume and negotiations can continue peaceably, he said.

Air France, in a statement, said that service would start returning to normal on Tuesday — meaning that flights already cancelled between now and then won't be reinstated.

A pilot and Air France workers gather in front of the company headquarters as they demonstrate against the pilots' strike in Roissy, outside Paris, Wednesday. Slogans read "No to This Strike." CHRISTOPHE ENA/THE ASSOCIATED PRESS

At the centre of the standoff are Air France's ambitions to develop a low-cost affiliate, Transavia, to tap into new markets in both France and elsewhere in Europe and better compete.

The pilots' union started the strike out of concerns that management was looking for a way to outsource jobs to countries with lower taxes and labour costs.

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ARE STREAMED SCHOOLS WORTH THE SOCIAL COSTS?

URBAN COMPASS

Jeremy Klaszus
calgary@metronews.ca

A healthy neighbourhood needs strong local schools.

Who wouldn't agree? In Calgary, city planners and citizens alike have emphasized the importance of complete communities where people can live, learn, work and play without long commutes.

Unfortunately, our public school system is designed to work against this effort in many ways.

The Calgary Board of Education (CBE) actively encourages the dispersal of students outside their communities in the name of educational choice.

Alberta's new education minister, Gordon Dirks, helped create the current design after he was elected as a Calgary public school trustee in 1999. With roots in private religious education (he was president of Rocky Mountain College, a Christian institution), he advocated for more parental choice in public education, echoing the direction of Ralph Klein's provincial government.

Today parents can pick specialized education streams for their kids. Unfortunately, this shift has also undermined the value and priority of neighbourhood schools.

In Toronto and many other cities, when you register a kid for school, it's pretty simple. You go to your local school — that's what they call it, a "local school" — and register the kid.

With the CBE, it's different. "Local school" doesn't feature prominently in the CBE lexicon. Instead, parents can choose from a plethora of "designated schools," including alternative programs such as science schools, language schools, gender-specific schools and "traditional learning centres" located throughout the city.

The CBE then buses these kids. In this way, students criss-cross the city to get to and from school.

In a city with Calgary's size, population and growth rate, this design comes at great cost. This year, CBE bus fees rose to $330, up from $295. Bus companies struggle to recruit enough drivers. Kids travel further to bus stops. Parents complain of buses showing up late or not showing up at all.

In other words, parents are paying more for an increasingly strained bus system. This is the price of choice.

There's a social cost, too. In our neighbourhood, kids who have grown up playing together from infancy onward are now scattered every which way, attending different schools.

As a result, the kids don't see each other as much and neither do the parents. The social fabric of our neighbourhood is weaker.

Of course, you can't blame all of this on Dirks. The push for choice in education was much larger than one person, with the direction set by the province. The Klein government started funding charter schools on par with public schools in the '90s, creating a hyper-competitive education environment that has diminished the role of local schools.

Now we need a rebalancing. Choice, it turns out, may not be worth the cost.

With the City of Calgary focused on building complete communities, both the CBE and the province should examine what they can do to keep kids closer to home.

Pride protected

A gay activist holds a rainbow flag as he stands in front of Serbian riot police during a pride march in Belgrade Sunday. Thousands of police officers were deployed in an effort to protect the march that faced threats of attacks. MARKO DROBNJAKOVIC/THE ASSOCIATED PRESS

Serbia holds first pride march in four years

Waving rainbow-coloured flags, several hundred gay activists proceeded undisturbed through downtown Belgrade on Sunday thanks to the protection of thousands of riot police.

Skirmishes were reported between small groups of extremists and police during and after the march, with soccer hooligans attacking liberal B-92 radio and TV station with flares and smoke bombs. Two policemen were injured, the station said. Also, the hooligans set one public bus on fire with flares, according to police.

Belgrade Mayor Sinisa Mali joined the march together with several foreign diplomats and party leaders.

Officials allowed Sunday's event, despite fears of a repeat of the violence in 2010 when right-wing groups attacked a pride march in Belgrade, triggering clashes with police that left more than 100 people injured. THE ASSOCIATED PRESS

Symbolic

The march advanced for several hundred metres through empty streets where shops were closed and public transport was stopped. Still, it was important symbolically as a rare public event.

MetroTube

Doggone dogs, y'know?

ANDREW FIFIELD
andrew.fifield@metronews.ca

There's no shortage of videos featuring dogs doing some damned fool thing, but every now and again, a dog pulls a bonehead bout of baffled behaviour that leaves even the people who know it best dumbstruck by what they've just seen. This is one of those videos. (Daniel Wirtz/YouTube)

ISTOCK

Comments

RE: Redbox Resurrects DVD Rentals to Canadians, published online Sept. 27, 2014

I can't even begin to make fun of this in a way that would place it into a properly ridiculed context. Instead, consider that this costs Redbox nothing and the poor franchisees that fall for the con, thou$ands.

Jeff200
posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: calgaryletters@metronews.ca

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 17 in Scene and page 26 in Sports.

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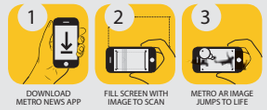

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Soundtrack

Former child soldier, actor to release album

The Good Lie star Emmanuel Jal is set to launch his fifth studio album The Key on Oct. 9th at Toronto's Tattoo Queen West.

Jal will be world premiering songs from his new 13-track album — which includes collaborations with Nelly Furtado.

Recorded in Kenya, Uganda, London, New York, Connecticut and Toronto, The Key seamlessly blends traditional African music with contemporary urban, hip hop and global pop music rhythms, while incorporating EDM, reggae/dub, soul and Afro beat elements.

Two songs from The Key (Scars and We Fall) are featured on The Good Lie soundtrack, a film that Jal co-stars in alongside Reese Witherspoon, and that premiered at TIFF (Toronto International Film Fest) in early September.

Jal has collaborated with and performed alongside numerous big acts including Peter Gabriel, Alicia Keys and Joss Stone, and had the honour of performing at the late Nelson Mandela's 90th birthday celebration in London. He has been featured on CNN, Time, USA Today, MTV, BBC, New York Times, Rolling Stone, NPR, Huffington Post, CBC (Strombo's The Hour, Q with Jian Ghomeshi), CTV's Canada AM and most recently appeared on the season premiere of The Queen Latifah Show on Sept. 15, where he got the Queen herself to dance to his buzzy Afro beat song Dusu, which appears on The Key.

METRO NEWS

Story of lost boys of Sudan a wrenching tale of humanity

The Good Lie. Actors have a special tie to true tale of child soldiers who escaped to settle in Kansas City — it was their own

AUSTEN GILLILAND
scene@metronews.ca

metro AR Reese Witherspoon and former child soldier and now actor Ger Duany bring to life the story of three child soldiers from Sudan in The Good Lie. Scan this photo with your Metro News app to see the trailer. CONTRIBUTED

A seemingly endless line of children trails across the horizon. Orphaned by civil war, they're walking — they hope — to safety. But they have hundreds of miles to go, and no guarantees of what they'll find along the way.

It's a scene from new movie The Good Lie, but it's far from fiction.

"I feel like it's my story being told on the big screen," said actor Emmanuel Jal.

"Emmanuel and I carried AK-47s just to live, before we even knew how to read and write," said actor Ger Duany.

Jal was born into the life of a child soldier; Duany was forcefully recruited. Eventually, they both joined the thousands of orphans who fled the brutal civil war that broke out in Sudan in 1983. Walking for months in search of sanctuary, those children became known as the "lost boys."

Those who survived the journey ended up in refugee camps in neighbouring Kenya and Ethiopia. About 3,600 of them were eventually relocated to the United States.

Jal and Duany, along with fellow Sudanese actors Arnold Oceng and Kuoth Wiel, bring the story of the lost boys (and girls) to life in The Good Lie. The movie traces the journey of four young Sudanese refugees as they flee the war, living first in a refugee camp and then ending up in truly unfamiliar territory: Kansas City, Mo.

Although life in the refugee camps was an improvement over life on the run, it still wasn't easy. "There was no electricity, no running water," said Duany. And the lucky few who made it to America faced a new set of challenges.

"Everything was new when we came here," said Duany.

Everything — from drinking straws, to light switches to toilets — was a mystery. The moments of discovery provide a bit of lighthearted relief in the movie, as the refugees gradually find their feet with the help of a no-nonsense employment counsellor played by Reese Witherspoon. Although Jer and Duany believe the story of the lost boys is an important one to tell, revisiting the past wasn't easy. Duany had hoped for years to act in a film depicting the struggles of Sudan's lost boys, but when the chance finally came, "I read the script and I collapsed. I threw it away, and I went to the bathroom to cry," he said. "I never thought this story would be told."

But it's worth it, he says. "This was horrible, it happened a long time ago, but we want to tell this story now," he said. "Because there is another story coming."

Jal agrees. "This film is not just about the lost boys," he said. "This is about humanity."

As well as raising awareness about the plight of Sudanese refugees, the actors hope the film will help raise funds to support the humanitarian and educational needs of the lost boys. Find out more about the Good Lie Fund at thegoodliefund.org.

The Good Lie opens in Toronto on Oct. 3, and across Canada on Oct. 24.

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Novel Cronenberg-style — eat, prey, lust

Consumed. Body-horror director realizes childhood dream with release of his first book — a tale of mutilation and cannibalism

Director David Cronenberg has released his first novel, Consumed. EVAN AGOSTINI/INVISION/THE ASSOCIATED PRESS

As a kid, body-horror master David Cronenberg thought he would become an author, not an auteur.

His father was a writer and Cronenberg says penning story and dialogue also came easily to him growing up in Toronto.

"If you had asked me when I was 16, I would have said, 'I'm sure I'll have published my first novel by the age of 21,'" the celebrated writer-director said in a recent telephone interview.

Fifty years after that target, that childhood dream has finally come to fruition with the publication of Cronenberg's debut novel, Consumed (Hamish Hamilton Canada, in stores Tuesday).

The story of two young journalists pursuing different but intersecting projects has all the hallmarks of a typical Cronenberg thriller — from body mutilation and cannibalism to science fiction and kinky erotica.

The crime mystery starts with Canadian journalist Naomi Seberg investigating a grisly case involving an illustrious pair of philosophers from Paris. Celestine Moreau and Aristide Arosteguy were seemingly happy in their unconventional marriage — until authorities announced she was found butchered and partially eaten in the couple's apartment, and he was a suspect.

As Naomi travels to Tokyo to find the missing Aristide, her boyfriend Nathan Math gets caught in a web of stories involving a Hungarian surgeon, his breast-cancer patient and a Toronto doctor who was the founder of a sexually transmitted disease that Nathan contracts.

Cronenberg, 71, said he started writing the labyrinthine tale eight years ago. The Fly director originally intended it to be a screenplay but it wasn't working, so he decided to turn it into a novel on the advice of Nicole Winstanley, president and publisher of Penguin Canada.

He made four or five movies during the writing process — including Eastern Promises, A Dangerous Method and the upcoming Maps to the Stars, out Oct. 31 — and "would literally have to take a year away from writing the novel or more" before returning to it.

"It was a very strangely sort of segmented kind of writing, very odd, and probably not the way most people do it, and I would love to know what it would feel like to sit down and write a novel and see how long it took — a year, two years, whatever, and maybe that's what I'll do next," he said.

Yes, that means he'd like to write another novel.

"I really enjoyed it a lot," said Cronenberg. "It's so completely different from any other kind of writing I've done — screenwriting, primarily, and it's very, of course, different from movie-making in general, and yet you are dealing with the imagining in your mind of the characters, of the place. You're kind of moving characters around a room as they talk, and that is sort of like directing."

Cronenberg said he got the inspiration for Celestine and Aristide from the likes of Jean-Paul Sartre and Simone de Beauvoir, noting: "The idea of a philosopher as a public figure is very traditional in France, where you wouldn't find it in America."

France is where Cronenberg is an Officer in the Order of Arts and Letters and is the homeland of his favourite filmmakers of the '50s and '60s, including Jean-Luc Godard and Francois Truffaut.

Cronenberg's passion for photography is also felt throughout the story, as Naomi and Nathan frequently discuss and ruminate on which cameras to use. Cameras are but one of many technological devices referenced in the book.

Overall, the story speaks to our obsession with our devices and technology.

"It's kind of a strange, deforming mirror, like a funhouse mirror, technology," said Cronenberg. "In the 1950s sci-fi world, technology was always inhuman and evil, it was like dehumanizing, and I never bought that because I thought technology comes from us.

"We are the only creatures who really create technology on this scale and it is absolutely a reflection of what we are, the good part and the bad part."

Novelists are often asked if their fiction will be turned into a big-screen adaptation, and in the case of Cronenberg, that might seem a no-brainer.

But while he initially thought he wanted to do that, he eventually realized he "would be bored doing it."

"Now, if some other director loved the novel and wanted to do it, that would be more interesting to me, and I have to say that's a surprise to me, because I never thought that would be the case. But that seems to be where I am right now."

THE CANADIAN PRESS

On writing a novel

"I really enjoyed it a lot... You're kind of moving characters around a room as they talk, and that is sort of like directing."

David Cronenberg

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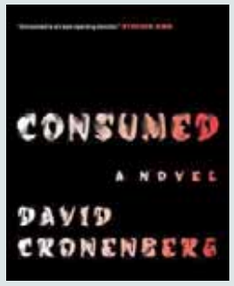

Consumed

By. David Cronenberg

Kindle/iBooks/Kobo

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

A strange, unsettling tale of sex, cannibalism, and consumer technology, Cronenberg again explores the unthinkable, this time through a pair of journalists drawn to dangerous, audacious body crimes like moths to a flame. They document their liaisons with an obsessive use of cameras, phones, tablets, and voice recorders, adding brand loyalty to a swirling mania of manipulation, betrayal and compulsion.

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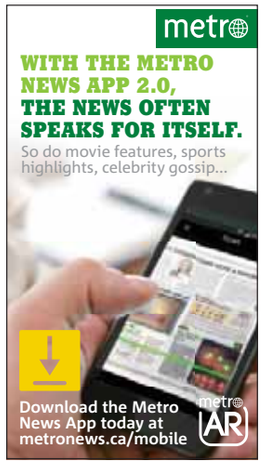
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George Clooney and his wife Amal Alamuddin. LUCA BRUNO/THE ASSOCIATED PRESS

With Clooney gone, is next top bachelor Leo or Pauley?

George Clooney went and got himself hitched this weekend. So that means one thing: We need to hurry up and find Hollywood's Next Most Eligible Bachelor.

It's a tough act to follow, to be sure, but someone out there has to be at least nearly as adept at being rakish and charming, looking great in a tux and squiring an unyielding stream of enviable girlfriends while avoiding talk of marriage.

So, ladies, who is the new reigning king of single Hollywood? The smart money is on the ever-debonair Comedy Store heir Pauley Shore, who oozes confidence and sophistication. (Although Shore has some serious competition in A-list gala circuit fixture David Spade.) But our money is on Ryan Seacrest. Is that guy ever going to meet the right girl and settle down?

All joking aside, the real answer is noted environmentalist, serious actor type and serial model defiler Leonardo DiCaprio — which is a bit awkward, since Clooney isn't such a fan of the Great Gatsby star. Probably he would've much preferred Shore, but hey, that's not up to him. Enjoy the honeymoon, George!

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Lawrence finds Coldplay gigs are better than counting sheep

STARGAZING
Malene Arpe
scene@metronews.ca

Jennifer Lawrence keeps turning up at boyfriend Chris Martin's Coldplay concerts. Lesson learned: If you find a cure for insomnia that works, stick to it.

James Blunt got married. Whatever. Sure. OK.

This week in celebrity activism: 1. Emma Watson delivers a passionate speech on gender equality at the UN. 2. Leonardo DiCaprio, Mark Ruffalo, Sting, Edward Norton and Evangeline Lilly participate in climate change marches. 3. Joseph Gordon-Levitt launches a project, inviting people to tell him what feminism means to them. 4. Matt Damon speaks at the Clinton Initiative. 5. Kim Kardashian posts a picture of Kanye West ("#MyFineAssHusband") and campaigns for a guest spot on Downton Abbey.

Jeremy Renner reveals he got married. Too bad. He's kinda hot.

Kris Jenner and Bruce Jenner are getting divorced. They've split everything down the middle: Kris gets the money and houses; Bruce gets away.

Tom Hardy secretly married. Noooooooooooo.

Zayn Malik of One Direction. GETTY IMAGES

One Direction terrorist joke goes south for Daily Show

The folks at The Daily Show with Jon Stewart have learned not to kick the hornet's nest that is One Direction fandom. Fans lit up Twitter with the hashtag #thedailyshowgonetoofar after Jessica Williams mentioned the group in a joke.

"Just as you were talking, a new terrorist group formed with one member each from ISIS, al-Nusra, al-Qaeda, Hamas, One Direction, and the Zetas drug cartel," she reported during the show.

Fans immediately assumed the show's writers were poking fun at Muslim group member Zayn Malik.

Some of the more choice responses included: "Don't try joking with our boys, because we are Directioners and we are mafia," "I suggest you take 8,381 steps back before I actually kill you" and "It's not funny to make jokes about terrorism in the first place."

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LIFE 3

Pick a destination to keep your financial plan on track

Where are you going? Your financial planning journey starts with a goal

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Figuring out your financial goals before you set out will keep you headed in the right direction. ISTOCK

Imagine that your best friend has invited you to stay at her cottage. She tells you it's "up north." That's it, no more info. That's how most people treat the management of their money. The destination is vague and they have no idea which way to go. I want you to think of a financial plan as a GPS device for your financial life. But before you can head off, you at least need to know where you want to end up!

While you have to know where you're headed to lay down a trip plan, if you change your mind, or if something throws you off track, you don't just stop or wander around aimlessly. Just as with a GPS, you recalculate your route. You figure out what you want to do next and head off.

To have the life you want, you need to know where you're going. This isn't about casting your life plan in concrete. It's about having a sense of your destination and some good directions. You need to put an address in your GPS before you can get started. That address is your goal.

You can have loads of dreams and just as many goals, but you can't possibly do them all at once. Time to prioritize. When you make your goals, identify what the most important thing on your list is. Label it No. 1. That's the thing you'll put the majority of your effort towards.

You can work towards more than one goal at a time, but you need to prioritize. No, you can't buy a house, have a baby and go back to school all at the same time. What's your Goal No. 1? Where do the others fit into your plans? Label whatever else you're working on as No. 2, No. 3, and so on.

Those goals have to be very specific. Be clear about what you want. Want to buy a home? What kind of house? Semi, condo, or fully detached? In the city? In the country? For how much? For $175K, $350K, $1.2 million?

Since, as I have been heard to say about a bazillion times, "a goal without a deadline is a dream," you have to add some dates.

Do you want to buy that home in two, three or five years? Again, the timeline isn't cast in concrete, but having it means you're serious about your focus.

Some goals have a short-term timeline, like saving for your sister's wedding. Some goals are medium-term, like putting together the down payment on a home. Some are long-term, like saving for retirement.

Patience and tenacity will get you where you want to go. Baby steps or great big leaps, you'll move at a different pace on different goals depending on what else is going on in your life. What's important is to keep moving forward.

If you've got kids who are babies, don't ignore the educational savings plan. Putting just a little away each month puts momentum on your side. It doesn't have to be a ton to start. But you have to start. It's the same with balancing debt repayment and savings. You can't just focus on your arrival time when you're heading to your destination, you have to watch road conditions and monitor your speed.

You want to get your student debt paid off. Great. You've got $31,000 worth of debt, and you want it gone in 24 months. Really? The principal alone will cost you $1,292 a month from your cash flow? Is that realistic? There's no point in setting goals you can't achieve. It's better to be realistic about your destination and when you plan to get there.

Don't expect things to go smoothly the whole way. C'mon, you know life isn't like that! You've got to be prepared to adjust your plan.

Halfway to your destination, a roadblock can send you miles off course. Don't give up. Show some backbone. Recalculate your journey and get moving. If you're determined, you'll get there. There may be some bumps and jolts along the way, but you'll get there.

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Fall for this light, seasonal dish

Trout with Pears, Pistachio and Dried Apricot Salsa. Before you dig into stews, try this healthy fish dinner

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Barbecue season has mostly come to an end and now it's back to the oven. Baking a delicious fish entrée is a great way to start off the fall with healthier eating habits.

Lake trout has a pink tone with a light and flaky texture. It has a mild flavour and is a lean fish that's filled with omega-3 fatty acids, which reduce heart disease, high blood pressure, high blood cholesterol and certain cancers.

It's also approved as a safe fish to eat in reference to contaminants.

FLASH FOOD

From your fridge to your table in 30 minutes or less

The salsa topping brings out the flavour of the trout.

The combination of sweet pears, apricots and pistachios is perfect with this light-tasting fish.

You can also use ripe pears to replace the apples and substitute tilapia, basa, or pickerel for the trout.

Directions

1. For the salsa, lightly coat a small, nonstick skillet with cooking spray and set over medium heat. Add the pear, brown sugar and cinnamon. Sauté for about 3 minutes or until the pear is softened and begins to caramelize. Place in a small mixing bowl.

2. Add the dried apricots, onion, red pepper, pistachio nuts, olive oil, lemon juice, maple syrup and garlic. Stir to combine and set aside.

3. Dust fish with flour. Coat nonstick skillet with cooking spray, add the oil and sauté fish 8 minutes or just until cooked, turning halfway through.

4. Place the fish on a serving platter, spoon the salsa over the fish and garnish with mint.

Ingredients

Salsa
- 1 large ripe pear, peeled, cored and diced
- 1 tbsp brown sugar
- 1/2 tsp cinnamon
- 2/3 cup finely chopped dried apricots
- 1/3 cup finely chopped red onion
- 1/3 cup finely chopped roasted red pepper
- 1/4 cup chopped toasted pistachio nuts
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tbsp maple syrup
- 1/2 tsp finely chopped garlic

Fish
- 1 1/2 lb lake or salmon trout
- 1/4 cup all-purpose flour
- 2 tsp vegetable oil
- 3 tbsp chopped fresh mint

This recipe serves six. ROSE REISMAN

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When work wages war on well-being

Of life and labour. A sociology professor delves into the links between work, stress and health

"Why can't there be more hours in a day?"

It's a plea that rears up inside the brain, usually around 10 p.m., when the to-do list of emails, laundry, children's party invitations, the carpool schedule and a must-finish-by-tomorrow work deadline seems impossible to complete before sunrise.

It's also an entreaty that seems to have no clear answer, unless you're willing/able to forgo sleep indefinitely.

But next time you appeal to the heavens for a few extra hours, know that Scott Schieman is looking for a solution to this modern-day problem.

The University of Toronto sociology professor is investigating the links between work, stress and health using data from an ongoing national survey of some 6,000 Canadian workers. Launched in 2011, the study will conclude in 2019.

So far, Schieman, who is also conducting in-depth interviews with a group of study subjects on what he calls "work-life interface," has found that about one-third of workers report feeling overwhelmed by their jobs. About one-third of workers also say they don't have enough time in which to complete their job tasks.

University of Toronto professor Scott Schieman is investigating what he calls 'work-life interface.' BRIAN SUMMERS / TORSTAR NEWS SERVICE

"The number one thing that undermines work-life balance, or work-life fit, is feeling rushed for time — that feeling like you have too much to do and not enough time to do it in," says Schieman, who also holds a Canada Research Chair in the social contexts of health.

Schieman hopes his research will help employers and employees find solutions to this ever-increasing societal problem. He says research has shown that people who report high levels of job pressure are more likely to experience physical and mental health problems. Until societal solutions emerge, Schieman says one way people can reduce the feeling of being overwhelmed by their job is to look closely at whether their workload is realistic.

"Step back and reflect on the structural reasons for your workload," he says. "Is someone at work putting too much pressure on you? Is the problem stemming from how you are organizing your work schedule? Just consciousness-raising about the amount of work and the time to do it in can help pinpoint solutions."

Schieman also recommends workers find social supports to help relieve job-related pressures.

"Having support from coworkers and managers — this is a huge factor," he says, noting that supervisors who empathize with employees over work-life balance foster loyalty and create a more-committed workforce.

"It really helps having a manager who understands the importance of work-life fit."

Since autumn brings with it that back-to-school, back-to-work mindset, Torstar News Service asked a busy professional to share her challenges, and solutions, to finding that elusive work-life balance.

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Sacrificing sleep for work

Name: Alison Kramer

Alison Kramer

- Life, in brief: A writer, content creator, and former entrepreneur, Kramer lives in Oakville, Ont., with her life and business partner, Scott Stratten, president of Un-Marketing. Their house is home to four children (they're a blended family) ranging in age from eight to 13.
- Kramer, whose most recent project with Stratten is the book UnSelling: The new customer experience, says she works whatever hours are needed to meet a deadline.
- The hours that Kramer sleeps, however, rarely change. "I get five hours a night," she says. "Sleep is one of those things I've never gotten very much of. I believe in finding extra hours in the day. I believe they exist."

Challenges: For Kramer, being a writer and content creator means that she can work anytime, anyplace to meet deadlines.

- This kind of flexibility is one of the reasons she walked away from her small business two years ago. It also means Kramer has to work hard to prevent work from bleeding into family life.

Solutions: Kramer aims to find balance each day.

- "I can be home and writing and still leave for half an hour to pick up someone from school who is sick. I have a lot of flexibility and I think that's a privilege."

My seat-mate cycles, then he sits, then he stinks

Dear Metro,

There's a guy at my office who bikes to work in the morning then stinks all day. Our colleagues talk about his smell behind his back, which seems mean — other than the body odour, he's a great person. What's the best way to let him in on the issue without embarrassing him?

— No Mo' B.O.

OFFICE SPACE
Eleni Deacon
life@metronews.ca

If there's an odour overtaking the office, the stinky source will likely respond more readily to a soft hint rather than a pee-yew protest. ISTOCK

Dear NMBO,

Firstly, kudos for staying out of the gossip. Let your associates nurse their precious olfactory glands without you. While it can be unpleasant, B.O. doesn't have to be a big deal.

That said, your colleague smells and he deserves to know the truth, especially if it's affecting his reputation around the office. Under the appropriate circumstances, a private, one-on-one conversation is probably your best approach. If you're close with this co-worker — for example, if he's one of your top office buds — bring it up in a relaxed way next time you're grabbing coffee or lunch together. "Hey, you might want to double up on that deodorant after your morning commute," you could say, adding that a hefty bike ride will have even the daintiest of clean freaks smelling ripe.

In cases where face-to-face is too awkward — or just too plain smelly — you could also address it with a frank but polite email.

This spares him the discomfort of having to face you when he realizes it's him, not that science project in the back of the fridge, that's stinking up the office kitchen. Whatever words you choose, keep your note kind and casual. And you don't need to tell him his pits are the talk of the water cooler.

If you're not comfortable with a direct B.O.-vention, there are likely people at your workplace who are trained to have these types of conversations. Your HR department or managerial staff can address the issue from an administrative perspective, getting to the point without making it personal.

Keep in mind that body odour is caused by many factors, several of them health-related. If there's any chance your colleague's issues go beyond poor post-bike hygiene, leave the discussion to those responsible for sensitive workplace affairs. Otherwise, you might find yourself the subject of an HR complaint of your own.

And if all else fails, crack a window or subtly spritz some Febreze around.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

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4 SPORTS

The 11th hour

A's advance to playoffs for third straight season

The Oakland Athletics finally clinched their third consecutive playoff berth — on the last day of the regular season after a prolonged slump.

Sonny Gray threw a six-hitter to win for the first time in five September starts, Josh Reddick had an RBI triple and Oakland beat the Texas Rangers 4-0 Sunday to clinch the American League's second wild card.

The A's lost 30 of their previous 45 games before winning game No. 162.

They play the win-or-go-home wild-card game Tuesday night at Kansas City against the Royals, whho have won five of the seven games in the season series against Oakland (88-74).

The A's won the AL West title the past two seasons.

THE ASSOCIATED PRESS

Playoffs at a glance

- **Division champions:**
  American League:
  East — Baltimore Orioles
  Central — Detroit Tigers
  West — Los Angeles Angels
  National League:
  East — Washington Nationals
  Central — St. Louis Cardinals
  West — Los Angeles Dodgers
- **Wild cards:**
  AL — Kansas City Royals, Oakland Athletics
  NL — Pittsburgh Pirates, San Francisco Giants

Avalanche goalie Semyon Varlamov makes a save against centre Paul Byron on Sunday, in Denver. JACK DEMPSEY/THE ASSOCIATED PRESS

Ferland scores two, Flames heating up

Rematch on Tuesday.
Calgary now 3-3 in the preseason, Colorado still winless

Michael Ferland scored twice, including the go-ahead goal early in the second period, and the Calgary Flames kept Colorado winless in the preseason by beating the Avalanche 2-1 on Sunday night.

On Sunday

2	1
Flames	Avalanche

Karri Ramo made 22 saves before giving way to Joni Ortio for the third period.

Ryan O'Reilly scored for the Avalanche, who fell to 0-4-1 in the preseason. The teams play each other again Tuesday in Calgary.

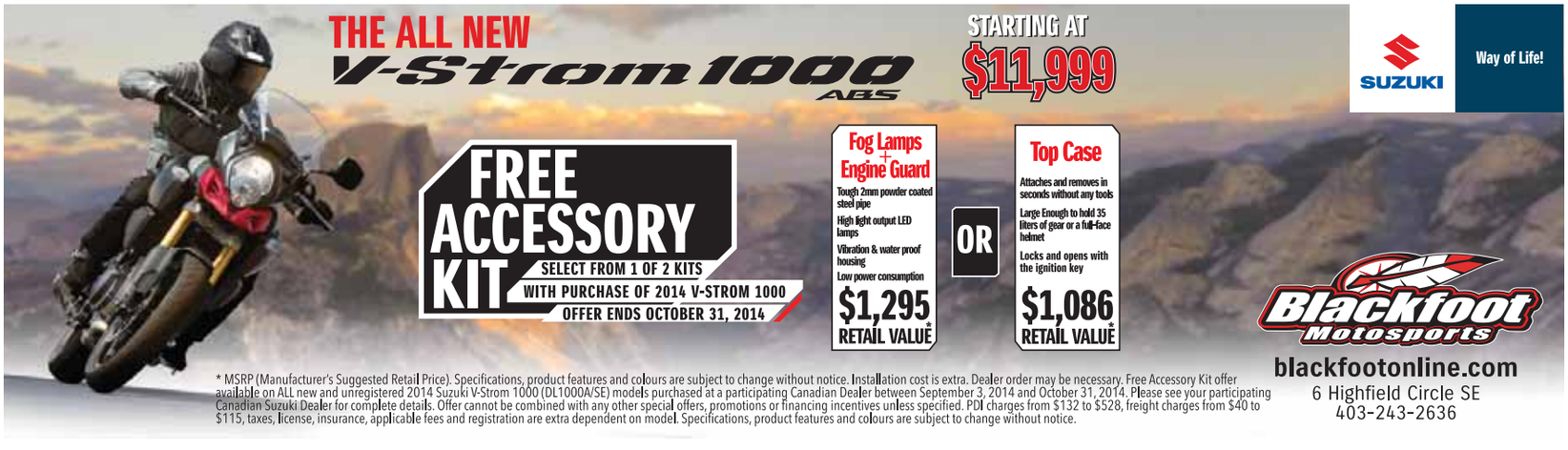
Jarome Iginla nearly tied the game late in the third when he tried to stuff in the puck, but Ortio's pad kept it out of the net.

With just over two minutes remaining, and Brian McGrattan in the penalty box for delay of game, goalie Semyon Varlamov was pulled for an extra skater, but Colorado couldn't score the tying goal. THE ASSOCIATED PRESS

Elsewhere

Scott Darling made 26 saves as the Chicago Blackhawks shut out the Edmonton Oilers 5-0 on Sunday in NHL preseason action.

Garrett Ross and Teuvo Teravainen scored 54 seconds apart in the second period to give Chicago (2-2) a 3-0 lead. Bryan Bickell scored in the first, while Andrew Shaw and Kris Versteeg finished it off.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Rodgers' Packers pick apart Bears

It's a beautiful day in Mr. Rodgers' neighbourhood. Green Bay QB follows up subpar performance with high-scoring win

Green Bay receiver Jordy Nelson makes a touchdown catch while absorbing a hit from the Bears' Tim Jennings on Sunday in Chicago. JONATHAN DANIEL/GETTY IMAGES

Aaron Rodgers urged Packers fans to relax. Maybe they will after this one.

Rodgers threw for 302 yards and four touchdowns, and Green Bay shook off one of its worst offensive performances in years with a 38-17 victory over the Chicago Bears on Sunday afternoon.

The Packers (2-2) scored on their first six possessions and racked up 358 yards after being held to 223, their lowest total since 2008, a week earlier in a 19-7 loss at Detroit.

They intercepted Jay Cutler twice in the third quarter to pull away from the Bears (2-2). That gave Green Bay five straight wins at Soldier Field, including the NFC title game four years ago and a playoffs-or-bust finale for both teams last season.

Rodgers called on Packers fans to take a deep breath during the week, and he gave them reason to exhale with this performance.

"I just wanted to remind everybody that it's a long season, and at some point we're going to get this thing figured out," Rodgers said.

He had all the answers in this one.

Rodgers posted a 151.2 rating for the game, completing 22 of 28 passes, and had all the time he needed with five-time Pro Bowl defensive end Jared Allen sitting out because of an illness.

He threw two touchdown passes each to Randall Cobb and Jordy Nelson, and a fifth got called back by a penalty.

THE ASSOCIATED PRESS

Paying re2pect to an icon

The Yankees' Derek Jeter played the final game of his career against the Red Sox on Sunday in Boston. Scan the image with the Metro News app to see how baseball bid farewell to the longtime Yankees captain. ELISE AMENDOLA/THE ASSOCIATED PRESS

metro AR

The man in San Fran

Eagles' unbeaten record gets Gore-d

The San Francisco 49ers got Frank Gore involved in the offence again, and it returned them to their winning ways.

Gore caught a career-best 55-yard touchdown and ran for 119 yards in his first 100-yard game of 2014, leading the San Francisco 49ers past Philadelphia 26-21 on Sunday to hand the Eagles their first loss. The 49ers delivered a late goal-line stand as they avoided their first three-game losing streak under fourth-year coach Jim Harbaugh.

THE ASSOCIATED PRESS

Ryder Cup. Euro reign continues

The tone was set by Rory McIlroy, the best player in the world. The winning shot came from Jamie Donaldson, a Ryder Cup rookie.

Rory McIlroy GETTY IMAGES

Europe added another layer to its Ryder Cup dominance on Sunday by leaving no doubt who had the best team. Behind two early comebacks that showed its resolve, Europe clinched the cup with four matches still on the course.

With a 16-1/2 to 11-1/2 victory, Europe kept that gold trophy for the eighth time in the last 10 tries.

Donaldson finished off the Americans with a 9-iron that settled 18 inches from the cup on the 15th hole against Keegan Bradley to set off the celebration.

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Tough decisions will need to be made this week. Don't let others know what you're planning. It'll be easier to make changes if you don't have to explain yourself.

♉ Taurus
April 21 - May 21
If a friend or co-worker tries to turn each chat you have into a conversation about them, you must let them know it's getting a little bit boring.

♊ Gemini
May 22 - June 21
A completely unexpected event will throw you off your stride today but that's OK. You will still be heading in roughly the right direction and if you get there a bit later, it's no big deal.

♋ Cancer
June 22 - July 23
You seem impatient to get rid of something that has been central in your life for years. It may appear to have outlived its usefulness but the planets indicate there is something important it can still do for you.

♌ Leo
July 24 - Aug. 23
Let fate take its course over the next two or three days and don't try to force an issue that will most likely resolve itself.

♍ Virgo
Aug. 24 - Sept. 23
Make the effort to visit people and places you have not seen in a while. The more you are on the move today the more likely it is you will make contacts who could be useful.

♎ Libra
Sept. 24 - Oct. 23
There has been a great deal of tension in your life of late but with Venus, your ruler, moving into your sign today, expect things to be more relaxed.

♏ Scorpio
Oct. 24 - Nov. 22
What would you change in your life if you knew you had the power to make it happen? Whatever it is, start thinking and feeling as if it will do whatever you tell it to do.

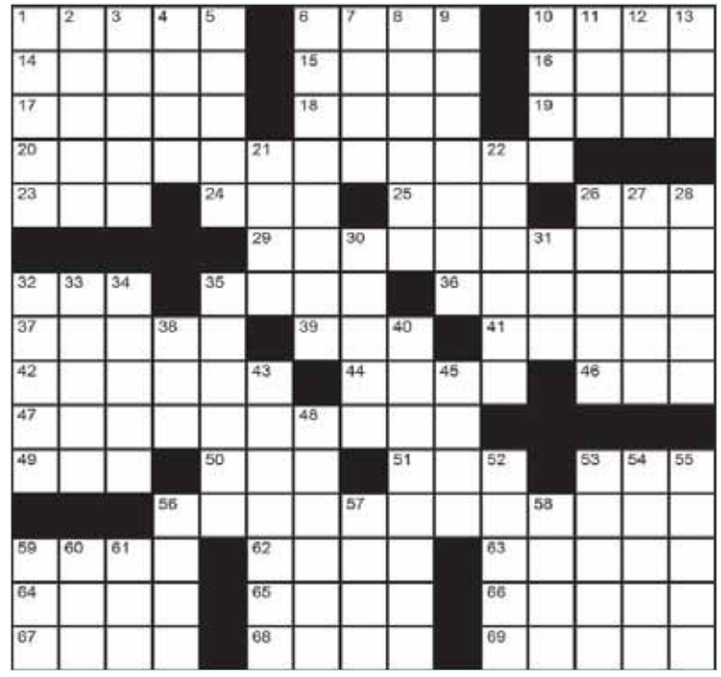
♐ Sagittarius
Nov. 23 - Dec. 21
Are you motivated by hope or by fear? As a larger-than-life Sag it's more likely to be the former but there are still times when worry gets on top of you. Count and celeberate your blessings.

♑ Capricorn
Dec. 22 - Jan. 20
Exciting things are happening in your life and most likely you will be making serious gains between now and the end of the week. Career opportunities will come knocking. Open up!

♒ Aquarius
Jan. 21 - Feb. 19
Things might be calm on the surface but your instincts tell you that behind the scenes major changes are taking place. It is all part of the bigger plan to make your life more fulfilling.

♓ Pisces
Feb. 20 - March 20
Cosmic activity in the wealth area of your chart warns you to keep an eye on your finances. Help people only if you can.

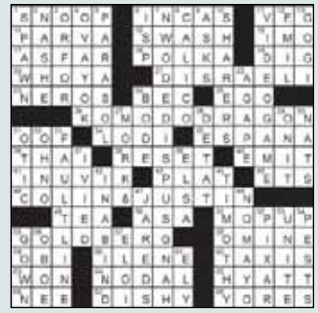
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Showbiz sketches
6. By-the-phone items
10. Campus house, e.g.
14. It's stored in the Aron Kodesh
15. Actor Michael
16. Hurt human's holler!
17. Aroma
18. NYC artsy attraction
19. To, archaically
20. Wyatt Earp advertisement: 2 wds.
23. Sun's spot
24. Supermodel, Alek __
25. HTTP's home
26. Alphabetic trio
29. Hit for Canadian songstress Amanda Marshall
32. Dept. head
35. French film
36. Like sponges
37. "There __ __ words." (I'm speechless)
39. Stevie Wonder's "__ Duke"
41. Explorer's course
42. The Barber of Seville role
44. Ms. DioGuardi
46. Allow
47. Veiled hauntress of #56-Across: 2 wds.
49. Antiquity
50. Tony-winner Ms. Allen
51. Q. "__ '_' the Alphabet's second letter?" A. "Indeed."
53. Mideast fed.
56. Rockies retreat where #47-Across is said to roam, The Fairmont ___ ___ Hotel
59. Washstand container
62. "Buenos __!"
63. Whitney Houston's "__ __ Once"
64. Ms. Sorvino
65. "It just bothers me __ __ many levels."
66. "How Do _ __" by LeAnn Rimes
67. Impediment
68. Aquarium fish, __ Tetra
69. Dissuade

Down
1. Packs away
2. Imaging company
3. Tale's twist
4. Stretched tight
5. The Taming of the __
6. Autumn sights
7. 'Buck' add-on
8. Appetizing sampling of Chinese cuisine: 2 wds.
9. Cruise on the Caribbean: 2 wds.
10. "__ Weddings Canada"
11. Nylons problem
12. Perform
13. Even if, briefly
21. Ms. Mazar
22. Alberta village, 'The Friendly Community'
26. Grave snatcher
27. Fashion: __ couture
28. Lotto winner's musing, "__ __ for life!"
30. Flow-of-energy therapy
31. Miracle-__ (Gardening product)
32. Cartoon mommy
33. Foo Fighters singer Dave
34. Lay grassy rolls again
35. Iran-__ Affair (1980s political scandal)
38. '_' __ for Nanaimo
40. Hotel chain; or, French explorer to Canada, Pierre-Esprit __ (b.1636 - d.1710)
43. Desert
45. Aretha Franklin's signature song part: "_-_-_-_-E-C-T / Find out what it means to me."
48. Polish
52. Twisty-turned tress
53. Without illumination
54. Succulent plant
55. Compound in perfume
56. Boast
57. Burkina __ (Nation in West Africa)
58. Latin pronoun
59. 911-respondents, e.g.
60. Succeed
61. '72 feminist cause

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8		2		7		1	4	
	7	6						
			8					2
7		8	2					
4			1		3			7
					8	5		9
5					1			
						6	5	
	3	1		5		2		4

Friday's Sudoku

5	4	8	7	1	2	6	9	3
1	3	2	9	8	6	4	7	5
7	9	6	5	4	3	2	1	8
3	6	5	1	2	4	9	8	7
2	8	9	3	7	5	1	4	6
4	7	1	8	6	9	3	5	2
9	1	3	6	5	7	8	2	4
8	2	7	4	3	1	5	6	9
6	5	4	2	9	8	7	3	1

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